

DELUXE LEMON POUND CAKE

INGREDIENTS:

- ☐ 3 cups unsifted cake flour
- ☐ ½ teaspoon baking powder
- ☐ ½ teaspoon baking soda
- ☐ ¼ teaspoon salt
- ☐ 3 large eggs
- ☐ 1 cup unsalted butter
- ☐ 2 cups sugar
- ☐ 1 cup buttermilk
- ☐ 2 tablespoons finely grated lemon zest (2 lemons)
- ☐ 2 tablespoons lemon juice

INSTRUCTIONS: Have ingredients at room temperature. Adjust rack in lower third of oven; preheat to 350°. Grease and flour 10-inch loaf pan.

Sift together flour, baking powder, baking soda and salt.

Crack eggs into a small bowl and whisk together just to combine the yolks and whites.

Using electric mixer, preferably with paddle attachment, cream butter on medium speed until it is lighter in color, clings to the sides of bowl, and has a satiny appearance. This should take no more than 30 to 45 seconds.

Maintaining speed, add sugar in a steady stream. When all the sugar is added, stop machine and scrape sides of bowl. Continue to cream 4 to 5 minutes, or until mix is fluffy and very light in color.

With mixer still on medium speed, pour in eggs, cautiously at first, tablespoon by tablespoon. If at any time mixture appears watery or shiny, stop the flow of eggs and increase mixing speed until a smooth, silken appearance returns. Then return to medium speed and resume adding eggs.

Continue to cream, stopping mixer and scraping down sides of the bowl at least once. Stop when mixture appears fluffy, white and increased in volume (resembling whipped cream cheese). Adding the eggs and incorporating them takes a total of 3 to 4 minutes.

With mixer on low speed, add

dry ingredients to sugar mixture alternately with buttermilk and mix until well blended. Stir in lemon zest and juice. Spoon batter into pan and spread it evenly.

Bake 60 to 65 minutes, or until a wooden toothpick inserted in center of the cake comes out clean. Let cool for 20 minutes. Invert onto a wire cooling rack, remove pan, and let cake cool completely before freezing or slicing.

Serves 12 to 14.

PER SERVING: 395 calories, 5 g protein, 56 g carbohydrate, 17 g fat (10 g saturated), 95 mg cholesterol, 113 mg sodium, 1 g fiber.